

Exmouth & District Community Food Providers

If you are struggling to pay for food for yourself and your family,there are a number of local organisations who could help you with food and give basic advice

Community Cafés

Can be found at Open Door Exmouth, Wesley's Community Café, Seachange Café, The Wave, Exmouth Salvation Army Blend Coffee morning.
These are warm spaces for food & drink, informal support and access to emergency food.

Community Fridges & Larders

Located at Open Door Exmouth, Wesley's Community Café. Sharing fresh food to prevent it going to waste - normally open to all. Free or a very small contribution requested.

Exmouth Food Bank

Provides basic emergency food including for those with special diets and those with limited cooking facilities.

Wesley's Pop-up Pantry

Offering affordable staple foods to families needing extra support, on request.

Location & Contact details

Exmouth Salvation Army & Food Bank

Address: Sheppards Row,Exmouth EX8 1PW
Directions: Exmouth Town Centre off Exeter Rd
Tel: 07749 322291
Email: help@exmouthfoodbank.org.uk
Website: exmouthfoodbank.org.uk

Open Door Exmouth

Address: Church St Exmouth EX8 1PE
Directions: Exmouth Town Centre
Tel: 01395 224218
Email: info@opendoorexmouth.org.uk
Website: opendoorexmouth.org.uk

The Wave

Address: Community Hub, Littleham Road EX8 2QX
Directions: Opposite Littleham School
Tel: 07902 217228
Email: thewavelittleham@gmail.com
Website: thewavelittleham.org

Wesley's Café & Community Space

Address: Temple Methodist Church,Fore St,Budleigh Salterton EX9 6NH
Directions:BudleighTown Centre opposite Tesco Store
Tel: 07955 863160
Email: admin@launchpadsw.org
Website's: launchpadsw.org - launchpadkitchen.co.uk

Seachange Café

Address: Seachange, Budleigh Salterton EX9 6HF
Directions: East Budleigh Road
Tel: 01395 446896
Email:help@seachangedevon.org
Website: seachangedevon.org

Open days & times

Monday

Open Door	Café 9.30am to 3.00pm (Fridge 9.00am to 2.30pm)
Wesley's	Café 9.00am to 4.00pm (Fridge 9.00am to 11.00am)
Seachange	Café 9.00am to 3.00pm

Tuesday

The Wave	Café 10.00am to 2.00pm
Wesley's	Café 9.00am to 4.00pm (Fridge 9.00 to 11.00am)
Seachange	Café 9.00am to 3.00pm
Food Bank	Collection 1.30pm to 3.00pm Deliveries by arrangement

Wednesday

Open Door	Café 9.30am to 3.00pm (Fridge 9.00am to 1.00pm)
Wesley's	Café 9.00am to 4.00pm (Fridge 9.00am to 11.00am)
Seachange	Café 9.00am to 3.00pm

Thursday

Wesley's	Café 9.00am to 4.00pm (Fridge 9.00am to 11.00am)
Seachange	Café 9.00am to 3.00pm
Open Door	Parent Hub Café 10.00am to 12.30pm*
Salvation Army	Blend Coffee Morning 10.15am to 12.00noon
Open Door	Toast Youth Café 3.30pm to 5.30pm *

*School Term-time only

Friday

The Wave	Connect and Grow 9.30am to 11.30am
Open Door	Café 9.30am to 3.00pm (Fridge 9.00am to 2.30pm)
Wesley's	Café 9.00am to 4.00pm (Fridge 9.00 to 11.00am)
Seachange	Café 9.00am to 3.00pm
Food Bank	Collection 1.30pm to 3.00pm Deliveries by arrangement

Saturday

Wesley's	Café 9.00am to 4.00pm (Fridge 9.00 to 11.00am)

Other help and support

Out of hours Emergency Food Parcels

When the food providers are open they can supply individuals & families with Exmouth Food Bank Emergency Out Of Hours Food Parcels. Many local schools, churches and health settings hold these emergency food parcels.

Contact: Exmouth Food Bank - Tel: 07749 322291

CITIZENS ADVICE EAST DEVON

If you are worried about money Citizens Advice can check that you are receiving everything that you are entitled to. They can help you navigate your way through the benefit process.

Tel:0808 250 5703

EXMOUTH OFFICE OPEN-67 Exeter Road Exmouth

Monday to Thursday 09.30am to 12.30pm

citizens advice East Devon

EAST DEVON DISTRICT COUNCIL

Financial Resilience Team provide discretionary funding to help tackle poverty and supports those struggling financially to rebuild their financial resilience.

Tel: 01395 571770 Email:hardship@eastdevon.gov.uk

Online form and direct link:eastdevon.gov.uk/benefits-and-support/apply-for-financial-support/request-financial-support/

Citizens Advice & Finance Resilience Team

Hold regular Drop-In sessions in partnership with Exmouth Food Bank on Tuesdays & Fridays 1.30pm to 3.00pm

Please note

Opening times of food providers, Citizens Advice & East Devon District Council might change occasionally due to Bank Holidays, School Holidays and the availability of volunteers.

Mushroom Exmouth District Food Network is an affiliated Group of Transition Exmouth CIC

Email: mushroomnetworkexmouth@gmail.com

facebook.com/groups/472764778863550

transition EXMOUTH people, planet, future

Date: Nov2025-V2

Exmouth & District Community Food Providers

Christmas and New Year Openings time

If you are struggling to pay for food over Christmas & New Year Holidays. These are local organisations who could help you with food at the following days and time.

Exmouth Food Bank

Tuesday	23 & 30 December	1.30pm to 3.00pm
Friday	2 January	1.30pm to 3.00pm

Open Door Exmouth

Monday	22 December	9.30am to 3.00pm
Mon & Wed	29th & 31 December	9.30am to 12.30pm
Friday	2 January	9.00am to 3.00pm

Wesley's Cafe and Community Space

Monday	22 & 29 December	9.30am to 4.00pm
Tuesday	23 & 30 December	9.30am to 4.00pm
Wednesday	31 December	9.30am to 3.00pm
Saturday	3 January	9.00am to 4.00pm

Seachange Cafe

Monday	22 December	9.00am to 3.00pm
Tuesday	23 December	9.00am to 3.00pm

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